

June/July

Volume 1, Issue 4

Ironwood Newsletter



Treatment Times

Whats New— By Lucy

Inside this issue:

Cuisine Corner - Jarin

2

Ironwood Graduates -
Amber

3

Ironwood Sports Page-
Kevin

4

Ironwood Sports Page-
Kevin

5

Ask Gene - Michael

6

Animal Update - Jen.

7

Canoeing Trip - Lucy

8

Be Sure to Check Out:

- Ironwood Staff
Member & Resident of the month!
- Ironwood Graduates!
- First-Ever Iron
Sports Page
- And much, much
more...

The Farmhouse world has been swiftly changing in the past month or so. Since my arrival at the farmhouse on June 11th, Ironwood has been buzzing with new staff members and residents, field trips, etc. In the past two weeks we have gotten two new farmhouse kids: Jonathan and Caroline. Caroline arrived last Thursday, and Jon came the week prior to. They both seem to be getting used to the Farmhouse, and we are all really glad they are here. Caroline says, "The Farmhouse is the best thing about Maine." Along with the new residents, we have also received quite a few new staff members. Annie, Elizabeth, Erin, Bill, Megan, George, Dylan, Larry, and Glen all seem at home here. We also have quite a few new security guards: Mark, Mike, Eric, Jenny, and Will are all enjoying their stay here. But is the competition to much for the senior staff to handle? Darcey comments, "It's refreshing to have the new staff here." Some come and some go, and for Will,

Amanda, John, and Danny, June and July brought the end of their time here at Ironwood. We miss them all, and hope that they find their ways on their journeys through life. It was especially hard to see Danny and John go, for they had been here roughly a year each. Parent weekend was a busy time for all. On June 29th through July 1st, the majority of the farmhousers were off campus with their parents, going to the movies or getting ice cream. Some of the residents, however like Michael, had to wait a day or two to see their parents, due to bad travel weather. Is Gene bitter? When questioned on this subject he replies, "I didn't care, like really. I've waited to see my dad for four months I can wait another day." On

June 16th, the Farmhouse got the privilege of going on a schooner trip out Camden, Maine, and then going out to eat at the Three Dog's Café. Devon comments "It was fun; it was a good break from what we have been doing." Along with the schooner trip, we also got to go on a three day, twenty mile hike, and an overnight canoe trip. These trips brought us together as a team, and were an overall good time. Although some of the campers were not able to participate in the hike, we still worked together during the camping part of the trip, and thankfully, we were all able to partake in the canoe trip. Life at the farmhouse is busy, but rewarding. We have our ups and our



The Farmhouse
Kids are
all smiles
on their
surprise
Schooner
Trip.

Mon-
day ,June
16th

-Lucy



Cuisine Corner - By Jarin

Here is the recipe of the Month!

Jarin's Farmhouse Famous Pancakes!

You'll Need :

- ◆ 1 ½ cups all-purpose flour
- ◆ ½ teaspoon salt
- ◆ 3 tablespoons sugar
- ◆ 3 tablespoons brown sugar
- ◆ 1 ¾ teaspoons double-acting baking powder
- ◆ 2 whole eggs
- ◆ 3 tablespoons melted butter
- ◆ 1 to 1 ¼ cups milk
- ◆ ½ teaspoon vanilla
- ◆ 7 teaspoon honey
- ◆ pinch of cinnamon

What people have to say about Jarin's Famous Farmhouse Pancakes:

Caroline: "You could have your own IHOP, Ironwood House of Pancakes."

Directions

- ◆ Combine all ingredients in a bowl
- ◆ Mix until smooth
- ◆ Put a pan on the burner (turn burner on low)
- ◆ Spray pan with cooking spray
- ◆ Put a ladle full of batter on the pan
- ◆ Wait until there are bubbles on all edges
- ◆ Flip the pancake with a spatula
- ◆ Once the pancake is light brown on both sides, then put in oven on 175 degrees to keep warm.



J.S whipping up pancakes in the kitchen

Eat up and Enjoy!

- Jarin

Very Yummy Variations

Fruit-Filled Pancakes (I have used strawberries before but you can use blueberries, apples, bananas...any fruit you can think of. Be creative!

- ◆ Cut fruit into bite sized pieces and mix into batter.
- ◆ Follow regular cooking directions

Apple - Cinnamon Pancakes

- ◆ Follow the directions used for **Fruit-Filled Pancakes**.
- ◆ Add 1-2 teaspoons of cinnamon to your batter; mix in well

"They're the reason I wake up on Sunday morning" - Michael

"I think the record is what... 7 or 8 pancakes on a Sunday morning? And these are like plate-sized pancakes. After breakfast, people can barely move. Yeah, being nauseous never felt so good." - Amber

Guess Who?

1. Which male Staff Member used to be a cheerleader?

2. Which resident adores Chihuahuas?

(answers on back page)

Ironwood Graduates



John graduated June 10th. He had lived at Ironwood for 10 months. He is now working as an intern at a ranch and riding 5 times a week.

John helped
Out even when
He didn't
Need to.

Danny graduated June 30th. He had lived at Ironwood for a year and two weeks. He is headed home to start his Senior year in High School.

Danny's
Attitude
Naturally,
No matter what, made
You want do the right thing.



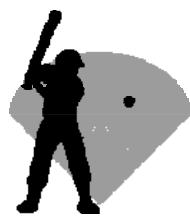
Will graduated May 31st. He had lived at Ironwood for eight months. He is now attending community college at home.

Will
Insisted on
Living
Life to the fullest.



Amanda A.K.A Bouche graduated on July 10th. She had lived at Ironwood for six months. She is planning on attending community college.

Bouche
Often stepped
Up to do
Chores and to
Help out
Everyone.



Let's...PLAY BALL!



Batter Up!

Ironwood Sports Page

The baseball season here at Ironwood is now open. The two biggest rivals in baseball have played four games so far. We play at the field at the corner of Frye trail and Captain Cushman road. It is directly across from the trout pond. The visiting Fryelings won the first two games of the season. The third game Marion and Rod put Pizza Hut on the line. Both teams were at the top of there game and it was a close game the entire way through. Marion and Rod bought both teams Pizza Hut in the end. Ultimately the Farmhouse Crew pulled through and won the game. In the fourth game the Fryelings won it. It was a close game until the end when the Frye team pulled through and scored a few insurance runs to secure the victory.



Guess Who?

- 3.Which Staff member spent an ENTIRE summer living in a conversion van for fun?
- 4. Which resident is terrified of frogs?

The best hit of the series was made by junior staff member Andrew in the fourth game when he connected with a nice outside pitch and drove it all the way to the trout pond on one bounce. He undoubtedly got a home run with that bomb. The best catch was made in the third game by rookie Devon "Fuji" when he was in left field and caught staff Chris' fly ball over his head. It was a truly miraculous catch. This month we have a few new inductees into the Ironwood sports hall of fame. For the farmhouse the Most Valuable Player award's go to Ryan and Devon "Fuji". They have had amazing plays on both offense and defense and have had great attitudes through all of the games. For Frye the Most Valuable Player award goes to Tim for his powerful hits and amazing catches. Congratulations to all of the winners of the awards and to all of the players who participated in the games.

That is all for this months sports section. Please tune in next month - Kevin



Ask Gene

- Michael's Advice Column -

DEAR GENE

What do you think the farmhouse needs to do to get rid of the drama?

Well, I think that most of the residents at the farmhouse, or here at Ironwood in general, realize how long they will be here early on. Instead of using this time to focus on themselves many residents turn their attention to other residents' lives and issues. When someone focuses all their attention on someone else it is avoiding having to deal with their own issues. Also another issue that leads to the drama is when people start having conversations out of staff's earshot. When people start keeping secrets the drama is sure to follow. So my best advice would be to remember who and what you are here to work on, and to be open with staff.

Dear Gene,

If you don't mind me asking, how does it feel to go back down to Frye after being accepted at the farmhouse?

Ahh I do not mind it at all. I was pretty hurt when I was sent back down to Frye. The feeling of someone telling you don't deserve to live with a certain group of people is one of immense rejection. On top of that feeling I also had to deal with spending mother's day and my birthday at Frye. I did not personally let those feelings overwhelm me. The best advice I could give someone who is sent back to Frye is to prove the people who sent you there wrong. Turn those feelings of desperation into determination to earn your spot back at the house.

"The best advice I could give someone who is sent back to Frye is to prove the people who sent you there they're wrong."

- Michael A.K.A Gene

Dear Gene,

I seem to be making all this personal progress, yet my parents seem like they have not changed at all. What should I do?

Hmmm, that is tough one. It is true that no matter how much you change here at Ironwood, if your parents do not change you will run into issues. The idea is though, now that you have learned how to deal with those issues in a positive matter it is okay to get into disagreements as long as you handle yourself properly. In the duration you are here at Ironwood I am sure your parents will make steps towards solving their issues as well. Honestly all you can do is try to keep making progress even if it seems you are the only one.

Animal Update!

The horses are great. They're being gentle like always they're loving the weather. Vivian has had her baby! A beautiful little foal. We haven't picked his name out yet. Petunia is going great, chasing the flies all around Ironwood.

We've also gotten a new puppy! Her name is Tiger Lily and she is a beagle cocker spaniel mix. The alpacas just got sheered in June and they're doing well too. The chickens were sent down to Frye and now we're trying to get baby chickens so we'll see how that goes. Dog training for all the



residents are going great. Basically we're teaching the dogs to Sit, Stay, Down and come when they're called.

Riding lessons are

going great and everyone is learning at their own pace.



Some people are learning how to do jumps, some galloping and others trotting. The beginners are learning the basics of how to ride a horse without falling off. ☺



Some of the residents, well...most of the residents are excited to do dog train-

ing with Frances and riding with Ronanne. Personally I get excited about that stuff too and the best part is you

get to work with animals. During Parent Weekend we were playing with the horses

and trying to get them into a space and to keep them there. The dog training we did on Parent Weekend was just the usual stuff and the dogs and we had breaks in-between. Devon and myself did quite well I must say.

- Jen.



IRONWOOD DOGHOUSE



Guess Who?

- 5. Which Staff Member has seen every episode of Walker Texas Ranger?
- 6. Which resident can talk backwards?

Ironwood Canoeing Trip

On June 25th, the kids of the farmhouse partook in a canoeing trip with former staff member Garrett, and semi-staff member, Ben. Starting on a pond that connected to the St. George River, we went downstream toward a campground where we stayed the night, then continued on our journey the next day. The Ironwood treatment team felt that we had earned a break from the everyday hustle and bustle of the Farmhouse, so they rewarded us with a canoeing trip.

One memorable event of the trip were when the canoe containing Devon, Kevin, and Jennifer, along with Jarin and Lucy's dry bag, capsized. Thankfully two canoes turned back to help them, initiating an "H-Rescue," which involves two upright canoes floating on either end of the capsized canoe, and lifting the canoe between them to empty it. Recognized as an "H" figure, the Rescue is highly effective and was completed efficiently and successfully.



While dealing with many shallow waters through the majority of our trip, the most remarkable experience for most of us was aiding Danny down the waterfall. Although it was not a large waterfall by any means, it was nevertheless a six-foot drop over which we carried Danny in his canoe. It was a fun time, and we really pulled together as a team.



Speaking of teamwork, the Farmhouse really pulled together as a group during our two-day trip. Helping other canoes who were stuck, or getting dinner together, we worked together to make everything run as smoothly as it could. A few of us really stepped up as leaders, and made sure that everything was coming together.

The camp-out at the end of the first day was a nice break for all of us. We changed into our dry clothes, made a small campfire, and made dinner, which consisted of hot dogs, macaroni and cheese, and smores. We were able to relax, joke around, and talk about the days events. For the most part we were all in good spirits. We set up our tents according to the camp leader's preferred layout, and retired to our sleeping bags at around 9:30.

On the second day, we did not achieve the original distance of 20 miles or so. Instead, we set out at a leisurely pace, canoeed roughly six miles, and took a lunch break on a small island in an open pond. For our lunch break Jarin and Lucy prepared peanut butter and jelly sandwiches, and after a short lunch of sandwiches, apples and chips, we spent a half hour or so journaling on the days' events. After journal time came an hour of



"play time" which most spent swimming, while others stayed ashore and sunbathed.

After our lengthy lunch on the island, we set out to our destination: a park with a loading dock where we pulled the canoes on to shore and awaited the rental man to come collect the canoes and paddles. When he came we helped him load up his truck, then we loaded the two expeditions with all of our gear, and made our trip back to Ironwood.

Overall, the canoeing trip was a great experience for all of us. Some people, who had never canoed before, were able to try something new, while others faced bad experiences from their past head on and conquered them. We worked together like a family, and learned more about how to canoe. We all



J.C. enjoying "Playtime"

came back to Ironwood happy with the trip's events, as well as eager to return to daily life.

- Lucy

How to Perform an "H-RESCUE"

IMPORTANT : Before you start the "H -RESCUE" make sure that all supplies and passengers are safe and accounted for.

- 1) Surround the cap-sized canoe with two floating canoes.
- 2) Using members of the two upright canoes lift the cap-sized canoe upside down, each end balanced on the two supporting upright canoes.
- 3) Once the canoe is empty of all water, flip it back over and reload it with supplies and passengers. - Lucy



The Farmhouse Kids getting ready to embark on the first ever Ironwood Canoe excursion.

The Garden

The garden is an often visited, seldom enjoyable, irremovable fixture of life at the Farmhouse. The Farmhouse residents frequent the garden every few days to weed, or to complete other tasks requested by Amy B., or other staff members. These past few days we have spent our time in the garden doing some heavy weeding, picking bugs from the potato plants, staking the tomato plants, etc.

A day in the garden usually includes sweating in the hot sun, getting dirt under one's fingernails, and having at least one encounter with a spider. While many residents dislike the garden, some enjoy their time in the garden. Amber finds her time in the garden to be therapeutic, and a time for her to reflect and let her mind wander. Others, such as Kevin, believe that the best thing to do in the garden would be to take a rototiller to it.

The garden is a plentiful source of many vegetables, and beautiful flowers. We are growing everything from aster to potatoes to watermelon. We have rows of corn, lettuce, peppers, and carrots growing, and rows upon rows of squash. Come fall our harvest will be ready, and all of our hard work will be paid off.

- Lucy



Guess Who?

Which Staff Member loves to sing karaoke?

Which resident has danced ballroom for 10 years?

Terry Branch, Our Staff Member of June/July

Interview by Michael

Q: So, Terry, where are you originally from?

A: Echo, Oregon.

Q: When did you first start working with kids?

A: When I was eighteen years old I started mentoring younger teens, mostly boys with similar backgrounds as myself.

Q: What made you want to choose this path?

A: I discovered a standard of absolute truth and I found that by patterning my life around this truth I was able to get control over my life and issues. It was just so good having clear good direction that I just wanted to share it with others.

Q: Have you ever been faced with drugs or alcohol? If so, who did you turn to for guidance?

A: I was exposed to [drugs and alcohol] as a child and a teenager. My guidance came from asking people who I respected for advice. I also depended on education through reading for assistance. We didn't have internet we had [the] library. All in all, there was no real guidance when I was faced with the issues [of drugs and alcohol].

Q: Who were your major role models when you were younger?

A: Spiderman, my high school

English teacher Ms. Reed, and anyone who stood up for what they believed to be right. I also looked to anyone who was genuine and real.

Q: What else do you do for work?

A: I own a small property management company and I preach at area churches when I am needed. I also enjoy buying and selling just about anything that makes a profit. First and foremost I am a husband and a Dad. My family is my first and most important job and I take it seriously.

Q: Has life been what you expected it to be?

A: I had a tough beginning but the struggle to straighten things out prepared me for adulthood very well. As a teenager I had no expectations. As an adult I have balanced expectations daily. I set achievable goals and I achieve them. I can say that I have everything I could want for myself so far.

Q: What are your future aspirations for life?

A: I plan to open a boarding school for middle to low income 6th-12th graders. The school will specialize in tailored academic education per each student. Secondly, they will also achieve success skills by the time they graduate. Some of these skills would be managing their time, their finances, their emotions and their relationships.

We picked Terry to be this issues recognized staff member because he has an excellent sense of humor (which makes waking up early almost bearable) and a smile on his face. He goes out of his way to check our goals at night and is always willing to listen to our problems and give us his best advice. All that aside he is just a nice guy. And we really like nice guys

Q: How do you expect to achieve this aspiration?

A: Through clear and focused planning and bringing together the efforts of other concerned parties. Many people from donors to police officers want to make a difference and help out. I have a plan to plug these people into a program that will be effective. Most importantly, I believe that God has led me to do this. I figure that if this is true then I will achieve my aspiration.

Q: If you could leave our readers with a final thought, what would it be?

A: I figure that there are really just two ways to live. You can make wrong choices and you will see things slowly turn bad. The second [way] is to try and make good choices and things will keep getting better and better. I like good consequences so I try to choose what is right♦

New Staff Interview

We choose Erin for our new staff interview because we knew that her bubbly personality would make a great and engaging interview.

Devon: So how did you come across this job?

Erin: I was in graduate school with Kristy, and she told me about it.

Devon: What attracted you to this job?

Erin: I had a degree in psychology so it's something that I would be using my degree in. And I like to work with kids. Even though my previous experience was with two and a half and three year olds because I taught Pre School.

Interview by Devon.
Devon: So where are you from?

Erin: I am from Ellsworth, Maine.

Devon: How old are you?

Erin: I am twenty three tomorrow

Devon: Do you enjoy this job?

Erin: I do! I really enjoy this job! I like it a lot!

Devon: What career did you see yourself partaking in as a kid?

Erin: A professional gymnast, an Ice skater, and a corporate lawyer. I even did a project on it in sixth grade.

Devon: Who is your idol?

Erin: My idol...Wow I never really thought about that hmm...my idol would be my professor, one of my professors, Cornel Pelbani.

Devon: Why?

Erin: because he was a forensic psychologist at Riker's Island. I thought it was cool. I thought it was a really cool job.

Devon: Do you think that you will work here for a while or do you have other plans?

Erin: I plan on working here for a while.

Devon: If you could marry a celebrity who would it be?

Erin: George Clooney

Devon: Did you ever have problems when you were a teenager:

Erin: I was. I was a rebellious little hot head. I was very temperamental.

Devon: What changed that?

Erin: umm... don't know I just grew up and I realized that I needed to go to college if I wanted to go anywhere in life, or do anything in life.

Devon: Do you think that if you went to a place like Ironwood would you have benefited from it?

Erin: I think I would have.

Devon: why?

Erin: Because it would have taught my discipline and determination.

Devon: Are these things essential for living in the real world?

Erin: Absolutely! I would say that they are probably the most important values to have in my eyes and morals. ♦

Guess Who?

9.Which staff member only ate white foods until she was nine?

Frye Times vs. Farmhouse Times- Caroline

In my experience as a Fryeling I had to think a lot about myself. Learn that my home behaviors were not ok. As a Fryeling I learned that you can't control anyone else but you so to make things and life better just focus on yourself.

When they say you have to work your way up to the farmhouse it's also literal. You pack all

your belongings and you walk up the hill by yourself to the farm. This place is awesome. Better environment, better food. All in all I'd say this was one of the best experiences I've ever had.

Guess Who?

11. Which staff member

had her own radio show?

12. Which resident is called by his middle name more frequently than his first name?

My Journey - John

Where should I begin? Well I was cooking dinner with Tim on a Tuesday night when Jeremy walks into the lodge and just points at me then motions his finger for me to go to him. I stare him straight in the eye and he looks mad. Then he quietly says "go and pack your stuff." When he said that I was so happy. I couldn't wait to be up at the farmhouse.

So I went into the bunkhouse and packed my belongings and I went into the lodge to get my books. Before going into the lodge Chris told me to leave my bag out on the deck and I did. I went into the lodge and decided to come back for my books later on. I walked out of the lodge and grabbed my bag and right when I was about to walk through sign , Jeremy was

out of the lodge and tells me to some back. I left my bag on the ground and walked over to him. He then told me I forgot to say good bye to him and everyone else so I said my goodbyes then gave Jeremy a book and left.

Half way up the trail I noticed my back was very heavy. So I put it down on the ground and heard a loud clanking noise. I opened up the bag, and to my surprise , Chris had put a bunch of rocks in there. I took the rocks out and continued my walk up to the farmhouse.

When I got to the end of the trail, I crawled underneath the electric fence, and when I stood up the wind hit the fence and knocked it against my back, shocking me. It hurt a lot. I finally reached the farm-

house everyone cheered me on. It was a nice feeling. I couldn't believe it. I was finally up at the farmhouse.

My journey up to the farmhouse was an exciting moment for me. I was happy that I was recognized and that I was finally on level three.

Well I'm here now and I'm loving it. I had fun at Frye but now it's time to move on. I'm just glad I can continue my life and finally be up at the farmhouse.

Something sound familiar? Frye staff played the same good-natured "Rock in the Bag Joke" on Jessica, a few months before.

LEVEL YELLOW

By Caroline.

I'm proud to say that I am the first [ever] resident to be in yellow! On this level you get more responsibilities than you would in orange (level 1). They say that yellow is a transition color for when they (staff) think you're ready for the farm-house but not quite. You are able to go out of earshot of staff plus you get a whole new breakfast menu (with condiments) **and** ice in your water! At night, unlike orange, yellow gets to sleep on a pillow😊

Level ORANGE (level 1) VS. Level YELLOW Menu

MONDAY— eggs & dry toast **VS.** MONDAY— eggs w/ salt & pepper, toast w/ butter

TUESDAY— Grapenuts w/ yogurt & fruit **VS.** TUESDAY — any cold cereal

WEDNESDAY — cream of wheat w/ “ “ “ **VS.** WEDNESDAY — eggs & hash browns

THURSDAY — Cold cereal with fruit **VS.** THURSDAY — bagel w/ cream cheese & butter

FRIDAY — grits & fruit **VS.** FRIDAY — fresh fruit salad w/ toast & butter

SATURDAY — oatmeal w/ fruit **VS.** SATURDAY — any style eggs w/ salt and pepper

SUNDAY—PANCAKES FOR EVERYONE!!!



Lucy, Resident of June

Interview by Amber

I caught up with Lucy and did this interview with her while she was finishing up morning house chores. Her cheeks were flushed and she was smiling, alternately wiping down tables and hunting down flies.

Amber: What's your favorite color?

Lucy: I don't have one.

Amber: What's your favorite type of music?

Lucy: Rap, but rap with a message *looks thoughtful*, with a point.

Amber: Cats or dogs?

Lucy: Dogs, because cats are snobs.

Amber: What's your favorite movie?

Lucy: Um...Pulp Fiction.

Amber: Have you been in other programs before you've come here?

Lucy: Yup. Um...the other programs I was in were hospitals and this program is a lot more proactive. It has, there is actually working and it's a lot harder to fake it here than the other programs I've been in.

Amber: What has been your biggest life achievement?

Lucy: Um...oh man, *laughs* I'm 16! I dunno, do I have to give you an answer?

Amber: Yes, *grinning* you do.

Lucy: Alright, um...writing a play when I was in fourth grade and having it turned into a real play by a national *waves her hand in the air* something or other.

Amber: That's really amazing actually,

do you want to pursue something like that as a career

Lucy: *rolls her eyes* Nooo...

Amber: What do you want to pursue?

Lucy: Um...hmm, I definitely want to major in psychology in college but after that I'm not really sure what I want to do, I might want to work in

a place like this, who knows.

Amber: So you think this place is beneficial then?

Lucy: Definitely. I haven't learned as much about myself in my

entire life as I have here. And I haven't felt as emotionally happy as I am now.

Amber: I see you're going after flies right now, do you like Maine and all the crazy weather and insects that come with it.

Lucy: *laughs* I hate Maine, the first thing I wrote in my journal was that I hate dirt and to this day it is what I hate most about this place

Amber: How did you feel when we voted for you to be resident of June/July?

Lucy: I thought it was kind of cool even though I wasn't here for the whole month of June 'cause it *looks thoughtful* because it made me feel like I was doing what I was supposed to do. *smashes a fly on the ground* Ha! I got one

Amber: So I see hunting down flies

makes you feel accomplished. What else makes you feel accomplished?

Lucy: Um...When I finally get something done that I've been working on for a while or if I've had a good day in riding or if staff tells me I'm going a good job, it just shows that I'm improving.

Amber: Now we're going to do wishes.

Lucy: Wishes? I don't get it...

Amber: Make one wish for yourself.

Lucy: I don't make wishes I just hope that things turn out in a good way and usually they do.

Amber: Okay for the sake of this interview...One wish for you...

Lucy: That before I leave Ironwood I get to jump a seven foot oxer

Amber: One wish for the world...

Lucy: That everybody finds love.

Amber: One wish for mankind...

Lucy: Isn't that the same thing?

Amber: Think about it

Lucy: Maybe...um, that people stop focusing on what they think is important and actually look around and see the beauty in the world.

Amber: Any last words for someone reading this interview

Lucy: Um...everyone has the strength to deal with anything that comes across their path.



Jarin, Resident of July

Amber: Favorite color?

Jarin: I don't have a favorite color

Amber: Dogs

Jarin: Hmm...I don't really have a favorite movie

Amber: Favorite type of music?

Jarin: I listen to rap, hip-hop and R&B

Amber: How long have you been here?

Jarin: I've been her five months and two weeks

Amber: And when are you leaving?

Jarin: The 27th of July

Amber: So you're nearing the end of your Ironwood experience?

Jarin: Yes

Amber: Have you changed?

Jarin: Yes I have.

Amber: Are you an entirely new person?

Jarin: I mean, I'm always going to be, I'm just a better person, not a better person but I'm making better choices

Amber: What was your most meaningful Ironwood moment?

Jarin: Hmm....I've had a bunch of meaningful moments that affected

me in some way but I remember down at Frye when I was crying and I was on the porch at the sugar shack and it was a time when Jessica really didn't like me but she came outside and comforted me and told me not to worry.

Amber: If there was one thing you could have done different here at Ironwood what would it be?

Jarin: Nothing I think everything went well, even though it had its ups and downs but all in all the ups and downs are what made the outcome which is me making good choices

Amber: How about your parents, a lot of kids here worry that their parents won't change. Have yours?

Jarin: Hmm...well, if you would have asked me this question a couple of weeks ago I would have said no but after talking to my parents I think they have changed and are learning to let go

Amber: What is your biggest life achievement?

Jarin: Hmm...biggest life achievement, um, coming closer as a family, because we just drifted apart.

Amber: Now wishes, one wish for you...

Jarin: I wish that I could pursue my dreams and start my own business...an upscale salon.

Amber: One wish for the world...

Jarin:

Hmm...for people to be less judgmental, in a negative way but in a negative way because everyone is judgmental but some people are judgmental in a negative way

Amber: One wish for mankind...

Jarin: Mankind...what do you mean?

Amber: I mean one wish for the human race

Jarin: Oh...for us to be more accepting to others, for us to come together more as a whole instead of pushing people away because they are different.

Amber: Any last interview words...

Jarin: I'm going to miss you Amber

Amber: About Ironwood, not about me, even though I'm amazing

Jarin: Oh! About Ironwood, I'm really happy to be leaving, even though it's a great place; I'm really excited to go home.



June brought good times and some sad times as well. We've said goodbye to Ironwood Staff Garret. He will be back occasionally to do Wilderness trips with us. Regardless, a piece of Ironwood has left with him. The house is definitely not the same without his smile, his sense of humor and his open heart.



Ironwood Newsletter

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Ironwood Staff...They're out of this World!



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1) Gordian 2) Caroline 3) Darcie 4) Jessica
5) Bill 6) Lucy 7) Erin 8) Sarah 9) Erin
10) Ryan 11) Amy 12) Mike AKA Gene

GUESS WHO ANSWERS

Editor's Note



Summer has blown into Maine and Ironwood is in full bloom. For me, it's been a month of up's and down's. I've been sent down to Frye twice and have earned the privilege to exercise the horses (which means I get to ride more than once a week.) As usual, things are ever-changing up at the house. Lucy, John and Caroline have all come up and a few of us (myself included) have gone back down the hill for a reality check.

Since May Ironwood has evolved and changed, just about as much as the residents who call it home. There is a new climbing wall put up at Frye and a new level (Level Yellow). We've seen staff and junior staff come and go, we've seen graduates go, and in the case of one very brave girl, come back.

I won't say the past two months of been easy, they haven't been easy at all. I've done a lot of soul

searching and am, as Kelly might say "getting real". There has been droves of drama up at the house and I've found myself in the thick of it. But I've seen the rainbow that comes after a particularly rough storm, I would like to think that I'm a part of it. Really we (the residents) are all a part of it, a bright and vivid rainbow, ever changing, ever growing. We never quite touch the ground, rather we keep reaching upward, towards the sky.

This month's Treatment Times has actually been finished on time, despite a not-so-expedient visit to the E.R (I sprained my ankle rather badly) and I really have to give some special thanks to Kevin for going the extra mile and helping me get this done. I couldn't have done it without him.

Since this is my first ever solo-editor's note I'm not really sure how to end it. A poem maybe? Some words of treatment wisdom? Some

pretty words that might linger in the reader's mind for a little while, only to be replaced by the next twist in the road of life?

What's most prominent in my mind right now is the rainbow that the farmhouse kids witnessed after a rain storm a few weeks ago. We all stared in wonder, watching the colors rage and fade and become part of the sky again. Eventually we all went inside to do goals and journaling and all the things us "treatment kids" do but I stayed out on the porch for a little while, in the faint, summer rain.

Life is a rainstorm. A big one and sometimes there's lightning. Sometimes there's thunder and sometimes there's even hail. But afterwards, afterwards without fail there is always a rainbow.

And we are always a part of it.

Happy Readings,
Amber